Definition of Rest
TO: All Stewards of The King's Doctrine
FROM: Tyson Jay Palmer, King
SUBJECT: The Freedom to Live the Best Life

I. The Definitive Nature of Rest
Rest is Absolute Freedom and Unburdened Peace.
This foundational Rest is the Sovereign Command you receive by Grace alone. Because your worth is eternally settled in the Lord, you are free to do whatever you want and free to experience the absolute best of life without hesitation or guilt. This unearned peace releases you into the fullness of life.

II. The Proper Place of Discipline
Discipline is the Purpose of Your Freedom.
Your Discipline is the willing and joyful action that dedicates that freedom back to the source. It is the natural Fruit of the Spirit that shows your faith is alive.
The sole guide for this freedom is simple: Do All Things For The Lord.
Your disciplined work and study are not a burden, but the joyful testimony that you are creating and acting from a position of unburdened internal command, and for the glory of the Lord.